

# Daily Schedule (grid-render-v1)

| Date  | Task   | Duration | Time          |
|-------|--|----------|---------------|
| Today | School                                       | 5h30m    | 08:30 - 14:00 |
| Today | Travel to Training Facility                  | 30m      | 14:00 - 14:30 |
| Today | Football Training: Strength & Conditioning   | 1h       | 14:30 - 15:30 |
| Today | Break  | 15m      | 15:30 - 15:45 |
| Today | Football Training: Drills & Technique        | 1h30m    | 15:45 - 17:15 |
| Today | Break  | 15m      | 17:15 - 17:30 |
| Today | Football Training: Tactical Play & Scrimmage | 1h30m    | 17:30 - 19:00 |
| Today | Travel Home                                  | 30m      | 19:00 - 19:30 |
| Today | Dinner & Relaxation                          | 1h       | 19:30 - 20:30 |
| Today | Review Class Notes/Study                     | 1h       | 20:30 - 21:30 |